

RECIPE MAPPING™

HOW TO TURN GOOD RECIPES INTO GREAT MENU ITEMS

A good recipe for home cooking doesn't always work out when you attempt to replicate it in the restaurant. Startup restaurateurs find out quickly that a recipe intended to yield four, six or even 10 servings might not be practical when feeding dozens or even hundreds of guests — every day.

Success in the restaurant business is often measured in pennies. Inaccurate purchase orders, wasted product and inefficient labor use are ingredients for losing money. And while your friends and family never minded waiting an extra half-hour or so for your home recipes or varia-

tions in presentation, your restaurant guests will not forgive slow service and inconsistency.

For good recipes to become great menu items, you must learn to make them pleasing to both your guests and your accountant. You must break them down into stages that assist purchasing and inventory control, organize prepping, reduce production time, and maximize yield. Then you must build them up to serve dozens of covers.

Our proprietary name for this process is RecipeMapping, and it is designed to help you add new items to your menu consistently, methodically and profitably.

Step 1 – Add Ingredients to the Master Inventory List.

Every restaurant should maintain a Master Inventory List that includes all of the ingredients that a restaurant must use in the preparation of their menu items. This list can be maintained using a spreadsheet format that includes purchasing information, such as the pack, size, and price of the ingredients — information that is useful when creating other management forms, such as inventory and order forms. But to accurately calculate the real cost to produce a menu item, the Master Inventory list should not only reflect the purchasing cost and unit of measure, but also the corresponding recipe cost and unit of measure. Any ingredient used in cooking can be expressed in one of three units of measure when using it in a recipe — weight measure (typically ounces or lbs.), volume measure (such as tsp., tbsp., cups, qts. or gal.), or by piece. Many products are purchased by weight units of measure but are measured for recipes in terms of volume (fluid) measure. To determine a true recipe unit cost, it can require measuring a pound of product to determine its recipe yield. We provide Recipe Conversion Notes to assist in this process.

Step 2 – Create the Prep Stages.

Here we identify parts of the menu item that can be prepared prior to final cooking and presentation, to reduce the time from order to service. Even a simple, single menu item often requires several subrecipes that are produced in batch and become part of the routine preparation tasks. Each subrecipe is then added to the Recipe Manual for reference by the kitchen staff. The cost of each subrecipe ingredient is calculated by multiplying the number of recipe units used by the recipe unit cost listed in the Master Inventory. The subrecipe batch is then assigned its own recipe unit and cost based on total cost to produce the batch and how much it yields.

Step 3 – Calculate Menu Item Cost.

Finally, the cost of the menu item is determined by calculating the cost of each recipe or ingredient needed to produce the menu item, then affixing a selling price that produces the desired profit. Restaurants should review their menu item cost every three to six months to ensure that cost expectations are accurate.

THIS MONTH'S FEATURES:

Pacific Rim Stir Fry with Lamb Rib Chop and Crispy Asian Salad with Shrimp

This month's article features menu items from the American Lamb Board, more information is available at www.americanlamb.com.

Tom Bruce of Central Coast Food & Beverage worked with the American Lamb Board to create the recipe mapping for these spring menu items which are lighter and good warm weather options



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MENU ITEMS

Menu items featured in our RecipeMapping department are available online at www.RestaurantOwner.com/recipe.htm.

PACIFIC RIM STIR FRY WITH LAMB RIB CHOP

- 1 ea. Pacific Rim Chop Prep
- 1 ea. Stir-Fry Veggies
- 0.5 oz. Peanut oil

LINE COOK INSTRUCTIONS:

1. Drain the chop thoroughly and sauté or grill.
2. While the chop is cooking, heat a sauté pan, add a small amount of peanut oil and add 1 portion of veggies.
3. Sauté quickly over high heat and deglaze with a small amount of the reserved marinade. Do not use marinade from the chops.
4. Plate the veggies and place the chop in one corner of the plate.



CRISPY ASIAN SALAD WITH SHRIMP

- 5 oz. Fresh bok choy
- 0.1 fl. oz. Peanut oil
- 1 ea. Crispy Slaw
- 2.25 fl. oz. Asian Salad Dressing
- 1 ea. Shrimp Prep
- 1.5 oz. Green cabbage

LINE COOK INSTRUCTIONS:

1. Split a bok choy head in half and mist with peanut oil.
2. Place on a medium-hot portion of the grill and mark, turn and move to cooler section.
3. Toss one portion of veggies with the sesame dressing.
4. Place shredded green cabbage diagonally across the plate.
5. Top the cabbage with dressed slaw and top with chilled shrimp using a shingle pattern.



6. Garnish with bok choy and serve with 3/4-oz. of dressing for dipping.

STEP ONE: INVENTORY MASTER

	Item Description	Case Pack/Size	Purchase Unit (PU)		Recipe Cost Unit (RU)			
			U/M	Current Price	U/M	# RU per PU	Yield %	Cost
*	American Lamb, rack Frenched	1/2-lb. avg.	LB	18.99	OZ-wt	16	100%	1.187
**	Bok choy, baby fresh	1/10-lb.	Case	30.22	OZ-wt	160	91%	0.208
*	Broccoli, florets	1/3-lb.	Case	16.99	OZ-wt	48	100%	0.354
**	Cabbage, green	1/3-ct.	Case	11.44	OZ-wt	120	80%	0.119
**	Carrots, matchstick	1/5-lb.	Bag	5.17	OZ-wt	80	100%	0.065
*	Celery, fresh	1/6-ct.	Case	14.75	OZ-wt	192	66%	0.116
**	Dressing, sesame ginger	4/1-gal.	Case	56.04	OZ-fl	512	100%	0.109
*	Garlic, whole peeled	1/5-lb.	Case	26.00	OZ-wt	80	100%	0.325
*	Ginger, fresh	1/5-lb.	Case	16.17	OZ-wt	80	85%	0.238
**	Juice, lemon	4/1-gal.	Case	55.18	OZ-fl	512	100%	0.108
*	Mushroom, fresh	1/10-lb.	Case	21.57	OZ-wt	160	100%	0.135
***	Oil, peanut	4/1-gal.	Each	48.35	OZ-fl	512	100%	0.094
**	Oil, sesame pure	4/1-gal.	Case	142.11	OZ-fl	512	100%	0.278
*	Onion, yellow jumbo	1/25-lb.	Carton	14.36	OZ-wt	400	91%	0.039
**	Onions, green fresh	1/6-ct.	Case	22.11	OZ-wt	21	83%	1.269
***	Peas, snow fresh	1/10-lb.	Case	40.61	OZ-wt	160	95%	0.267
***	Pepper, red bell	1/5-lb.	Case	15.73	OZ-wt	80	81%	0.243
**	Salt, sea coarse	12/3-lb.	Case	21.95	OZ-fl	541	100%	0.041
*	Sauce, hoisin	1/1-gal.	Bottle	10.40	OZ-fl	128	100%	0.081
*	Sauce, soy low-sodium	6/0.5-gal.	Case	50.12	OZ-fl	420	100%	0.119
**	Shrimp, white p&d 21-25	4/2.5-lb.	Case	65.50	EA	220	100%	0.298
**	Sprouts, bean fresh	1/5-lb.	Case	6.19	OZ-wt	80	100%	0.077
**	Vinegar, rice natural	4/1-gal.	Case	46.91	OZ-fl	512	100%	0.092
**	Wine, white	12/750-ml.	Case	73.50	OZ-fl	304	100%	0.242

*Pacific Rim Stir Fry with Lamb Rib Chop **Crispy Asian Salad with Shrimpi *** Both

The first step is to identify each ingredient for all the subrecipes and then to get the purchasing unit pack, size, and cost information from your foodservice distributor. Raw ingredients for these menu items were chosen based on availability from local distributors. Once you have the purchasing information, you're ready to calculate the number of recipe units in each purchase unit.

RECIPE CONVERSION NOTES:

Many products are purchased by the weight unit of measure but are measured for recipes in fluid measures, such as teaspoons, tablespoons or cups. Precise conversion formulas are necessary to attain accurate costs. Here are some facts we noted when calculating the number of recipe units:

- Baby bok choy averages 12 ozs. and 91% yield.
- Bean sprouts weigh 3.4 ozs. per cup.
- Broccoli florets weigh 2.5 ozs. per cup.
- Celery weighs 32 ozs. per head.
- Green cabbage weighs 40 ozs. per head with 80% yield.
- Matchstick carrots weigh 4.2 oz. per cup.
- Sliced onions weigh 3.9 ozs. per cup.
- There are 8 4-oz. chops to each rack of American Lamb.

STEP TWO: PREP STAGES

Subrecipes are usually prepared ahead of time and can be components for one or several menu items.

PACIFIC RIM STIR FRY WITH LAMB RIB CHOP

Central Coast Food & Beverage			Recipe Cost			
Pacific Rim Chop Prep			Batch			
INGREDIENTS	MEASURE	PROCEDURE	RU	# of RU	RU Cost	Cost
Sauce, soy low-sodium	¼ cup	1. Combine the soy sauce, hoisin sauce, garlic and ginger in a small mixing bowl. Blend well with a wire whisk. 2. Place the chops in #400 half pan and pour ½ the marinade over the chops. 3. Cover and refrigerate. 4. Marinate the chops for 4-6 hours, turning once. 5. Reserve the remaining marinade for use in the stir-fry veggies.	OZ-fl	2	0.119	\$ 0.24
Sauce, hoisin	¼ cup		OZ-fl	2	0.081	\$ 0.16
Garlic, whole peeled	1½ ozs. chopped		OZ-wt	1.5	0.325	\$ 0.49
Ginger, fresh	1½ ozs. chopped		OZ-wt	1.5	0.238	\$ 0.36
American Lamb, rack Frenched	8 4-oz. chops		OZ-wt	32	1.187	\$ 37.98
					-	\$ -
					-	\$ -
					-	\$ -
					-	\$ -
					-	\$ -
					-	\$ -
					-	\$ -
TOOLS/EQUIP.: Ounce scale, measuring cups, small mixing bowl, wire whisk and #400 half pan.			Total \$ 39.23			
STATION: Line cook			RU EA			
YIELD: 8 1-chop portions			# of RU 8			
SHELF LIFE: 2 days			RU Cost \$ 4.90			

CHEF'S NOTE: A single menu item may have several "subrecipes," and a recipe card should be created for each step.

Central Coast Food & Beverage			Recipe Cost			
Stir-Fry Veggies			Batch			
INGREDIENTS	MEASURE	PROCEDURE	RU	# of RU	RU Cost	Cost
Broccoli, florets	5 ozs.	1. Blanch broccoli, strain and cool to room temperature. Take care not to overcook or rinse with cold water. 2. Using a rondo or large sauté pan, heat the peanut oil over medium heat. 3. When hot, add the onions and increase to high heat 4. Add the celery, red bell peppers and mushrooms. Cook over high heat for 1-2 minutes. 5. Add the blanched broccoli. 6. Toss quickly to blend all ingredients evenly. 7. Hold for service.	OZ-wt	5	0.354	\$ 1.77
Onion, yellow jumbo	8 ozs. sliced with grain		OZ-wt	8	0.039	\$ 0.32
Celery, fresh	4 ozs. biased cut		OZ-wt	4	0.116	\$ 0.47
Pepper, red bell	10 ozs. sliced		OZ-wt	10	0.243	\$ 2.43
Mushroom, fresh	12 ozs. quartered		OZ-wt	12	0.135	\$ 1.62
Peas, snow fresh	24 ozs. cleaned		OZ-wt	24	0.267	\$ 6.41
Oil, peanut	¼ cup		OZ-fl	2	0.094	\$ 0.19
					-	\$ -
					-	\$ -
					-	\$ -
					-	\$ -
					-	\$ -
TOOLS/EQUIP.: Ounce scale, measuring cup, saucepot and strainer, rondo or large sauté pan and stainless steel service spoon.			Total \$ 13.20			
STATION: Line cook			RU EA			
YIELD: About 8 portions			# of RU 8			
SHELF LIFE: 1 shift			RU Cost \$ 1.65			

CHEF'S NOTE: For lower volume operations, blend the veggies, then cook to order using the same ingredient sequence.

STEP TWO: PREP STAGES

CRISPY ASIAN SALAD WITH SHRIMP

Central Coast Food & Beverage			Recipe Cost			
Crispy Slaw			Batch			
INGREDIENTS	MEASURE	PROCEDURE	RU	# of RU	RU Cost	Cost
Bok choy, baby fresh	16 ozs. finely sliced	1. Combine all ingredients in a large mixing bowl. 2. Hand toss to blend thoroughly. 3. Divide into 4-oz. portions and hold under refrigeration for service.	OZ-wt	16	0.208	\$ 3.32
Pepper, red bell	16 ozs. finely sliced		OZ-wt	16	0.243	\$ 3.88
Carrots, matchstick	8 ozs.		OZ-wt	8	0.065	\$ 0.52
Sprouts, bean fresh	12 ozs. coarsely chopped		OZ-wt	12	0.077	\$ 0.93
Peas, snow fresh	16 ozs. halved		OZ-wt	16	0.267	\$ 4.27
Onions, green fresh	2 ozs. chopped		OZ-wt	2	1.269	\$ 2.54
					-	\$ -
				-	\$ -	
				-	\$ -	
				-	\$ -	
				-	\$ -	
				-	\$ -	
TOOLS/EQUIP.: Ounce scale and large mixing bowl.			Total		\$	15.46
STATION: Pantry			RU			EA
YIELD: About 17 4-oz. portions			# of RU			17
SHELF LIFE: 2 days			RU Cost		\$	0.91

CHEF'S NOTE: For higher volume operators, the slaw mix can be pre-blended with about 3 cups of sesame dressing.

Central Coast Food & Beverage			Recipe Cost			
Asian Salad Dressing			Batch			
INGREDIENTS	MEASURE	PROCEDURE	RU	# of RU	RU Cost	Cost
Dressing, sesame ginger	3 cups	1. Combine all ingredients in a large mixing bowl. 2. Blend with a wire whisk to incorporate all ingredients. 3. Refrigerate for service.	OZ-fl	24	0.109	\$ 2.63
Oil, sesame pure	3 fl. ozs.		OZ-fl	3	0.278	\$ 0.83
Vinegar, rice natural	3 fl. ozs.		OZ-fl	3	0.092	\$ 0.27
Juice, lemon	½ cup		OZ-fl	4	0.108	\$ 0.43
				-	\$ -	
				-	\$ -	
				-	\$ -	
				-	\$ -	
				-	\$ -	
				-	\$ -	
				-	\$ -	
				-	\$ -	
TOOLS/EQUIP.: Measuring cups, large mixing bowl and wire whisk.			Total		\$	4.17
STATION: Pantry			RU			OZ-fl
YIELD: About 22 1½-oz. portions			# of RU			34
SHELF LIFE: 3 days			RU Cost		\$	0.12

CHEF'S NOTE: Ready-made dressings vary widely, so modify to fit the product you're using.

Frenching A Rack of American Lamb

Rack of lamb is an elegant and popular menu item in fine dining restaurants. According to research studies done for the American Lamb Board, more than 75 percent of fine dining operators menu lamb and rack of lamb is the most popular cut menued.

American rack of lamb is noted for its larger rib eyes and mild yet distinctive flavor.

Chefs may request that their suppliers provide the racks frenched to specifications or they may french the racks in-house. Frenching is the removal of at least 1.5 inches of meat from the bone ends of a rib roast or rib chops. The lean meat and some fat removed while frenching the rack can be used for grinding.



Equipment Needed:

Cutting board, plastic gloves, sharp boning knife

Ingredient:

Rack of American Lamb, cap on, chine removed



Holding underneath the shoulder end, peel off the fat cap extending over the rib bones while keeping the fat covering the rib eye in place. If needed, be sure to remove any featherbones and thin yellow elastin strip, taking caution not to damage the rib eye meat.



Cut across rib bones on the fat side at desired point for frenching. (This can range from 1.5 inches from bone ends to just above the rib eye meat.) Also cut down between each rib bone.



Run tip of knife along the center of each rib bone peeling away the layer of membrane to each side.



Scrape away any fine pieces of meat or fat from rib bones with knife tip and back edge.

A frenched rack of American Lamb with single and double rib chops.

Note: Rib bones may also be frenched using butcher's twine. Simply cut in between each bone and loop the butcher's twine around the bone near the base. Pull hard so the twine runs along the rib bone and removes any excess rib meat.